



NUTRITION WORKSHOP

Tuesday, March 29, 2005

6:00 p.m.—7:00 p.m.

Civic Center Community Room

25541 Barton Road

Loma Linda, CA 92354

Fiber, Cholesterol and Heart Disease Prevention

Do you want to be healthy and prevent heart disease?

Discover the importance of lowering your cholesterol to keep your heart healthy. Learn the important differences in HDL and LDL as well as the benefits of dietary fiber in heart disease prevention.

Includes: Presentation, cooking demonstrations, refreshments & prizes.

For additional information, please call Joanne Heilman (909) 799 - 2812

All are welcome to attend this **FREE** workshop sponsored by *California Healthy Cities and Communities*